

September 2012 Urbana Senior Center Menu

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/aging

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>The meal is served at Noon. Reservations must be made at least 48 hours in advance. \$4.80 per person per meal. Milk, juice and bread are offered each meal. Menus are subject to change.</p>				
3 Tossed Salad Meatloaf with gravy Whipped Potatoes Peas and Pearl Onions Fresh Fruit Cup	4 Vegetable Soup Cucumber Salad Ham Steak Baked Sweet Potato Cauliflower	5 Beef Pepper Steak Grilled Vegetable Salad Rice Baby Carrots Lima Beans Pumpernickel Bread	6 Southern Fried Chicken Baked Beans Roasted Potato Wedges Green Peas Broccoli Salad Multigrain Roll	7 Center is Closed
10 Mushroom Lentil Soup Marinated Cucumbers Chicken Kabob Rice Pilaf Sautéed Spinach Chocolate Cake	11 Asian Coleslaw Pork Loin Roast Couscous Peas Fresh Strawberries	12 Caesar Salad Chicken Tenders Fingerling Potatoes Steamed Cauliflower Peaches	13 Bean and Bacon Soup Catch of the Day Seasoned Potatoes Baby Carrots Sautéed Zucchini Fresh Fruit Cup	14 Center is Closed
17 BBQ Pork on Bun Mac & Cheese Green Peas Chilled Pineapple	18 Center is Closed *Picnic at Monocacy Park	19 Brunch: Omelet Bar Omelets made to order Other Brunch Items	20 Greek Salad Roast Beef Sandwich French Fries Green Beans Apricots	21 Center is Closed
24 Three Bean Salad Beef Tips in Gravy Egg Noodles Braised Red Cabbage Lemon Squares Chilled Peaches	25 Creamy Coleslaw BBQ Pork on Bun Baked Beans Garden Blend Vegetables Fruit Cocktail	26 Tomato Basil Soup Vegetable Quiche Steamed Corn Chopped Mixed Greens Blueberry Pie	27 Pickled Beet Salad Baked Tilapia Rice Pilaf Green Peas Cheesecake	28 Center is Closed

Urbana Senior Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)
Meals served at Noon

Reservations/ Cancellations

Reservations must be made at least 48 hours in advance.
Cancellations may be made up to 24 hours in advance.
Register in person at the Center or call 301-600-7020.

Cost

The cost is \$4.80 per participant per meal.
The Department of Aging must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.
A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County Department of Aging".
Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/doa . The menus are subject to change.

Transportation: Monday-Thursday

Seniors needing transportation to the Urbana Senior Center for the meal program must call the Senior Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:45 and 11:00 am. They will be returned to their homes between 2:00 pm and 2:30 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be cancelled.